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## carrot and sweet potato soup

Wed, 10/13/2010 - 06:21 -- spirit2sole

Introduction:

The sweet of the carrots and sweet potatoes, marry nicely with fall spices. Make this a wonderful fall dinner

Preparation:

in a large sauce pan, place olive oil, onions and garlic, saute them till the lightly sweat. Add carrots, sweet potatoes and veggie stock. Simmer for 1 hour on very low heat. With a potato masher or hand blender--puree this mix. Add spices, reheat to blend spice's and serve. I like to serve this with corn muffins.

Recipe Type:

[soups & stews](#) [1]

Ingredients:

2 lbs of carrots, scrapped and chopped 3 lbs of sweet potato's scrapped and chopped 10 cups of veggie broth  
2 cloves of garlic 1 onion chopped 2 tablespoons olive oil 2 tablespoons fresh grated ginger 1 teaspoon  
cinnamon 1/2 teaspoon nutmeg 1/4 teaspoon cloves

Group content visibility:

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**Links:**

[1] <http://kgi.org/recipe-type/soups-stews>